WINNIPEG



Lac-Mégantic one year later

Crowds pack a church to remember the 47 people who perished following a train derailment

A MATCH MADE IN SUMMER

GET GRILLING AND MAKE THIS MASTERPIECE CHICKEN DISH WITH A SEASONAL SALSA PAGE 12





politicians, farmers and dignitaries, tour the banks of the swollen Assiniboine River on Sunday in Brandon. TIM SMITH/THE CANADIAN PRESS

Harper takes tour of areas hit by floods

Showing 'solidarity.' PM lauds efforts of

volunteers, officials but doesn't promise any additional financial aid

Prime Minister Stephen Harper got a bird's-eye view of Manitoba's flooded farm fields, washed-out roads, and dikes holding back a raging Assini-boine River fuelled by floodwater pouring in from the west.

Harper took a 20-minute helicopter tour of the southwestern Manitoba region on Sunday, before thanking volunteers and emergency officials in Brandon for working aroundthe-clock on the flood effort.

"Obviously we are here to express our solidarity with people, as I know everybody is very concerned about the situation," Harper said Sunday after a briefing with emergency personnel at Brandon City Hall.

Harper said he will continue talking with Premier Greg Selinger and Saskatchewan Premier Brad Wall, but didn't promise any financial help beyond the disaster assistance Ottawa already provides.

The floodwater coming from Saskatchewan prompted Selinger to declare a state of emergency on Friday and ask for military assistance to prepare communities west of Winnipeg for the crest.

Selinger thanked Harper for deploying the military so quickly and said there are 500 soldiers on the ground right now helping in the flood fight.

The first crest from the torrent of floodwater appears to have hit Brandon, said the province.

Downstream, hundreds of soldiers from CFB Shilo near Brandon worked tirelessly filling sandbags to help fend off the rising floodwater.

THE CANADIAN PRESS



Steeves. Round-the-clock road construction pitched

Mayoral candidate Gord Steeves says road construction crews should be out all night long.

The former councillor made the announcement Friday, "proposing a solid plan of specific actions that will address the many infrastructure issues plaguing our city."

The chief promise was to make sure 75 per cent of road construction happened 24 hours a day, seven days a week

Other promises included:

— Starting a committee to monitor projects over \$1

million for things like cost overages and scheduling that would report to the EPC monthly.

— Fixing every pothole on every street in the spring within a one- to two-week period. This would be funded with 0.5 per cent of the regional street budget annually, about \$421,000.

— A five-year freeze on building new infrastructure, except for projects that are funded by outside sources.

Steeves said his initiatives would not cost any additional money. METRO

Cadets. Bus safety plan gets committee green light

A city committee has given the go-ahead for the integration of the cadets to patrol Winnipeg Transit buses.

Several stakeholders, including transit director Dave Wardrop, applauded the move by the infrastructure renewal and public works committee on Friday.

"What the bylaw does is help formalize some of the appropriate conduct and practice on the transit system, and it provides inspectors and police service and other agencies with the grounds to help ensure that the behaviour and conduct on transit is appropriate," said Wardrop, adding the inspectors approved in the 2014 budget are already working.

A councillor on the committee raised concerns about the bylaw before passing it, namely a section that prohibits people from staying more than 90 minutes in a bus shelter, except for the purpose of boarding a bus.

Wardrop said the intent is to apply the bylaw "with good judgment" and provide help to any person in distress.

BERNICE PONTANILLA/METRO

Crime

Man caught shooting video up woman's skirt

Police are looking for a suspect after a woman caught a man taking an "up-skirt" video of her while she shopped at a Transcona clothing store Friday evening.

The 23-year-old woman was shopping at the store in the 1500 block of Regent Avenue West around 8 p.m. when she caught the man using a cellphone to shoot photos or video under her dress.

Surveillance video from the store shows the man got on his hands and knees beforehand to peer up the victim's skirt. METRO

Warning

Keep Sparky safe and cool, police urge owners

Police are reminding drivers with pets not to leave them locked in parked cars during the summer heat without water and proper ventilation

The reminder comes after police received a number of reports over the last few days of pets being locked in cars with the windows rolled up in the heat.

Police spokesperson Const. Jason Michalyshen said officers may smash car windows to save pets if need be.

Anyone who sees a pet in an unventilated car in the heat is asked to try to find the owner in nearby stores before calling police. METRO

Patient off-load times a priority for fire chief

WFPS. John Lane plans several measures



Winnipeg's new fire chief wants to cut ambulance patient off-load time — the time between ambulance arrival and acceptance of a patient by the emergency department.

John Lane, the former Prince George, B.C., fire chief who took over in April, told members of the protection and community services committee that he'd be bringing forward numerous measures for the committee's September meeting.

Lane said there are already some measures in place,

such as paramedics keeping track of how busy emergency rooms are in real time.

"We try to prevent those off-load delays by moving patient destinations to hospitals that are less busy and are most appropriate for the condition that the patient is experiencing," said Lane, who has 32 years of emergency-service experience and has occupied senior roles in Hamilton, Ont., Toronto and Prince George.

The city's former fire chief, Reid Douglas, was let go last September, nearly a month before the scathing fire-halls audit was delivered. It found mismanagement, favouritism and a lack of adequate oversight on the building of four new stations that went over budget.







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NEWS 03

Ukraine

Pro-Russia rebels regroup after Ukraine setback

Discouraged but defiant, pro-Russia separatists vowed to keep fighting the government in Kyiv from the largest city in east-ern Ukraine, where they regrouped Sunday after being driven out of a key

stronghold, Slovyansk.

At a rally in a central Donetsk square, the rebels were cheered on by thousands of supporters waving flags from Russia and the self-proclaimed independent Donetsk People's Republic.

Many urged Russian President Vladimir Putin to come to their aid — but there was no comment Sunday from Russia. THE ASSOCIATED PRESS

United States security

Passengers flying to America asked to power-up devices

The U.S. Transportation Security Administration is requiring passengers at some overseas airports that offer U.S.-bound flights to power on their electronic devices.

The TSA says it is re-

quiring some overseas airports to have passengers turn on devices such as cellphones. It says devices that won't power up won't be allowed on planes, and those travellers may undergo additional screening.

America's Homeland Security Secretary recently ordered the TSA to put extra security in place at some international airports. THE ASSOCIATED PRESS

Uganda

Clashes between tribal militia and Ugandan security

A Ugandan military official said Sunday more than 40 gunmen were killed in clashes between Uganda's security forces and a tribal militia near the country's border with Congo, in what appeared to be co-ordinated attacks targeting police posts and military barracks in three districts.

Ugandan troops killed at least 41 gunmen before containing the situation, Lt. Col. Paddy Ankunda said.

The death toll could yet rise as security forces attempt to arrest the fleeing gunmen, who are suspected to be radical members of a tribal group that has long felt neglected by the central government. THE ASSOCIATED PRESS

Six arrested in Palestinian teen's slaying

Israel. Leaders of the Middle Eastern state appeal for calm amid signs the death was revenge for the killings of three Israeli teens

Israel arrested six Jewish people Sunday in the grisly slaying of a Palestinian teenager who was abducted and burned alive last week — a crime that set off a wave of violent protests in Arab sections of the country.

An Israeli official said there were six suspects and described them as young men and boys, including several minors.

"We will not allow extremists, it doesn't matter from which side, to inflame the region and cause bloodshed," Prime Minister Benjamin Netanyahu said in a nationally televised statement. "Murder is murder, incitement is

'Murder is murder'

"We will not allow extremists, it doesn't matter from which side, to inflame the region and cause bloodshed."

Israeli Prime Minister Benjamin Netanyahu. Despite the arrests, the situation remains tense. Gaza militants have stepped up rocket fire, drawing Israeli airstrikes.

incitement, and we will respond aggressively to both."

He promised to prosecute those responsible to the full extent of the law.

The region has been on edge since three Israeli teens — one of them a U.S. citizen — were kidnapped while hitchhiking in the West Bank last month.

Last week, the teens' bodies were found in a West Bank field.

Israel blamed the crime on the militant group Hamas.

THE ASSOCIATED PRESS



Dalai Lama greets Richard Gere at the 33rd Kalachakra initiations

Tibetan spiritual leader the Dalai Lama shakes hands with actor Richard Gere before teachings on the fourth day of Kalachakra near Leh, India, on Sunday, which marked the birthday of the Tibetan leader. Buddhist devotees from across the globe have arrived in the Himalayan region of Ladakh to attend the Kalachakra or Wheel of Time initiations by the Dalai Lama, which began Thursday. TSERING TOPGYAL/THE ASSOCIATED PRESS

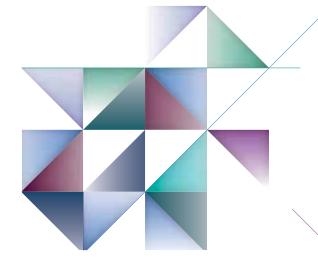
Italy. Church event honours mobster, despite Pope's wish

In defiance of Pope Francis, a church procession detoured from its route through an Italian town to honour a convicted mobster. The tribute took place in Oppido Mamertina, a Calabrian town and 'Ndrangheta syndicate stronghold. Pope Francis recently denounced the crime group and excommunicated its members.

THE ASSOCIATED PRESS

Iraq. Video purportedly shows militant leader

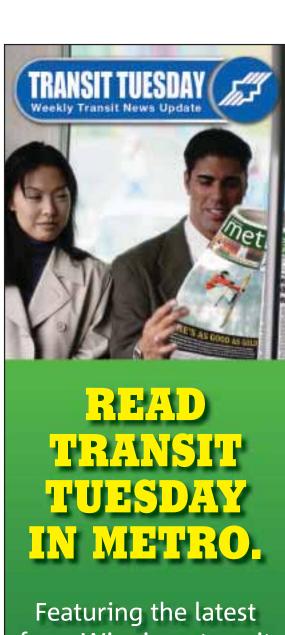
Iraqi officials are working to determine the authenticity of a video that purportedly shows Abu Bakr al-Baghdadi, the leader of the Islamic State group that has seized large swaths of the country, delivering a sermon this week at the Great Mosque in the city of Mosul. The man in the video urges his followers to jihad. THE ASSOCIATED PRESS



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News worth sharing.



Missing since June 30

Calgary police continue hunt for boy, grandparents

Police say a man who was questioned in connection with the disappearance of a five-year-old Calgary boy and his grandparents has been released.

Calgary police say he remains a "person of inter-est" and several police units will continue to search a residence connected to him on the outskirts of Airdrie, northeast of Calgary.

Investigators say that, given the size of the property, the search is likely to continue into Monday as they search for clues in the disappearance a week ago of Nathan O'Brien and his grandparents — Alvin and Kathy Liknes.

Acting on a tip, police arrived at the property late Friday night and found a green Ford F-150 truck similar to one spotted in a video taken near the Liknes

Police say they are trying determine if the truck, the property, or the man taken in for questioning, are linked to the investigation.

Nathan and his grandparents disappeared on June 30 after the couple held an estate sale, and police have said there was evidence of a violent incident in the Liknes's home. THE CANADIAN PRESS

Rudniki Airport

Plane crash kills 11 in south Poland

Polish prosecutors opened a criminal investigation Sunday into a plane crash that killed 11 people parachuting instructors and students and the pilot of the plane.

The Piper Navajo plane was carrying 12 people when it crashed and burst into flames in an orchard Saturday just minutes after taking off from Rudniki Airport in southern Poland. One other person was also injured. Identities of nine of the victims are pending DNA testing.

THE ASSOCIATED PRESS



Lac-Mégantic: One year since tragedy

Remembering. Residents, officials attend church service and overnight march

Hours after a solemn procession passed the spot where tragedy struck Lac-Mégantic a year ago Sunday, crowds packed Ste-Agnès Church to remember the 47 people who perished when a runaway train derailed in the centre of town and exploded.

First responders who plunged in to fight the inferno that erupted after the train jumped the tracks were given a resounding round of applause when they entered the church

Framed photographs of the victims were on display alongside bouquets of flowers at the front of the church, which sits not far from the crash site. In a poignant, personal touch, a baseball glove lay in front of one man's photo.

'You have given us a beautiful message of dignity and strength. Yes, there have been tears and great suffering but at the same time there has been overwhelming generosity and love," said Sherbrooke diocese Archbishop Luc Cyr, who presided over the service.

Some of those tears were shed Sunday by people gathered outside the church to watch the on a big screen metres from the derailment site.

The Sunday service was the latest commemoration in a weekend of events to remember the tragedy. A moment of silence followed the ceremony and a monument to the victims in the form of a large granite book with their names inscribed was dedicated on the

Earlier Sunday morning, more than 1,000 people marched in solemn silence in the darkness after observing a moment of silence at 1:15 a.m.

That was the exact moment on July 6, 2013, when the fuel-laden train derailed and exploded in a series of cataclysmic fireballs.

church's lawn.

Dignitaries including Gov.-Gen. David Johnston and Quebec Premier Philippe Couillard lay bouquets of flowers in front of the monument after attending the church service late Sunday morning.

NYC. Firefighter who died in blaze hailed as a 'hero'

The Fire Department of New York is mourning the death of a lieutenant who became trapped while looking for victims in a public-housing highrise blaze, the first city firefighter to die in the line of duty in more than two years.

Lt. Gordon Ambelas died Saturday after suffering multiple injuries while on the 19th

floor of the 21-storey building in the Williamsburg section of Brooklyn, officials said.

"We lost a real hero tonight and our hearts are heavy," Mayor Bill de Blasio said.

Fellow firefighters found Ambelas unconscious in the building. It is the department's first line-of-duty death since April 2012. The associated press



metronews.ca Monday, July 7, 2014

President el-Sissi

Egypt raises beer, wine and cigarette taxes

Egypt's president decreed an increase in sales tax on cigarettes, beer and wine, the latest in a series of price hikes that aim to ease the country's staggering budget deficit.

The decision announced Sunday increases a flat tax on local and imported cigarettes to between 25 and 40 cents per pack, depending on the brand. It doubles an already existing tax on beer, from 100 per cent to 200 per cent, and increases the tax on local and imported wines to 150 per cent.

Since assuming the presidency last month, former military chief Abdel-Fattah el-Sissi has vowed to take tough decisions to deal with the country's battered economy, and bring it out of the bottleneck within two years.

THE ASSOCIATED PRESS

Detroit bankruptcy

Yea or nay in vote, pensions to hit the

skids in Motor City

The most anticipated vote in Detroit this summer isn't for a city office.

Instead, ballots due by Friday from city retirees could determine how quickly Detroit exits its historic bankruptcy and how much of the financial weight pensioners will bear.

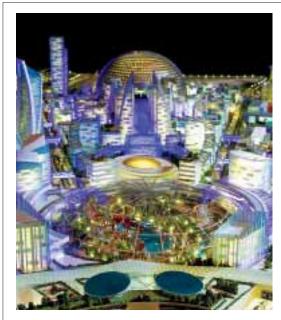
Non-uniformed retirees are being asked to take a 4.5 per cent pension cut and no cost-of-living allowances. Police and fire retirees are faced with reduced cost-of-living payments.

Their pension boards have joined Gov. Rick Snyder and state-appointed emergency manager Kevyn Orr in seeking "yes" votes on the plan.

Voting "no" could result in deeper cuts for the city's 32,000 retirees and current and former city workers.

All classes of creditors, including banks and bond insurers, also must vote by Friday on the aspects of Orr's debt restructuring plan that affects them.

THE ASSOCIATED PRESS



Puts Polo Park to shame?

This image provided by Dubai Holding, a conglomerate controlled by the emirate's ruler, shows an artist rendition of their planned Mall of the World. The shopping-loving city that is home to one of the world's largest malls wants to build one even bigger. Dubai ruler Sheik Mohammed bin Rashid Al Maktoum has laid out plans for the project, which will include an eight-million-square-foot mall, a climate-controlled street network, a theme park covered during the scorching summer months and 100 hotels and serviced apartments. Dubai Holding gave no details on the cost or the completion date. DUBAI HOLDING/THE ASSOCIATED PRESS



Bouchard's loss. Seems second is the first loser for lucrative sponsorships

Eugenie Bouchard's loss to Czech Republic's Petra Kvitova in the Wimbledon women's final on Saturday may have cost her millions in sponsorship income, according to experts who say the Canadian tennis star would have landed numerous seven-figure deals had she

"Champions (project) hard work, humility, perseverance, and those are all qualities and attributes other brands like to associate with," said Vijay Setlur, who teaches sports marketing at York University.

While the Westmount, Que., native did reach the final — the furthest a Canadian has ever gone at the world's most prestigious tennis competition — it only showed the 20-yearold has potential, and that is not enough, Setlur said.

"Once that potential is realized, then more brands will present offers or partnerships because you're dealing now with an athlete that's proven."

Cary Kaplan, president and owner of the marketing firm Cosmo Sports, agreed that Bouchard will need a championship to "catapult" her earnings potential, but predicted her future is bright.

"She's charismatic," he said.
"She is very focused. You don't
have the impression that she
will wilt away."

THE CANADIAN PRESS

Riding out stock peaks and valleys



HOW TO ROLL Alison Griffith: metronews.ca

It only took six years for investors to get back to zero. On Wednesday, June 18, the major Toronto stock market index finally eclipsed the previous record high, set in 2008 (on the very same day, no less).

Just to prove it wasn't a fluke, the TSX Composite Index rang up a new high of 15,209 last Wednesday.

This means that if you had put \$100 into the TSX Composite Index six years ago you would have \$100 today. Whoop-dee-do!

Not quite so grim a story is that of total return, which accounts both for price of the stocks and dividends paid out by the listed companies. Between June 6, 2008, and March 2010, the TSX Composite Total Return Index plummeted 47 per cent from an all-time high

Just the stats

The best and worst TSX Composite Total Return Index:

- Best 10 years: 1990-2000 — 15.59 per cent average annual return
- Worst 10 years: 2000-10 — 2.84 per cent average annual return

of 37,051. But the index had completely recovered by April 2010 and then forged ahead, encountering a few bumpy patches along the way, to its current level of over 45,500.

So, running the numbers again and including dividends, that same \$100 invested in June 2008 would be worth nearly \$123. That's a mere 3.8 per cent average annual return, but, still, it's better than zero.

What's the lesson in all of this? There are three.

1. Dividends matter Dividends can keep your portfolio afloat. While stock prices gyrate, dividends from blue-chip companies usually stay the course. During the recession, most of the biggest Canadian companies maintained dividend payments,

though few increased them.

2. Time matters

Time heals most investment wounds. Investing at the top of the market hurts when there's a downturn, but history tells us that equities trend steadily upward over time, especially when you factor in dividends.

3. Regularity matters

It is true of our bowels and also of investing. Those who kept buying steadily through the recession and the subsequent recovery caught the highs but also the lows. This is called dollar cost averaging.

Whether the market goes up or down, keep these lessons in mind while investing.



metr⊕ **VOICES**

OURNEY TO 'WORLD-CLASS'

Like every other insecure, mid-sized city, Winnipeg is desperate to see itself as "world-class."

That's why every arena, library, swimming pool, soccer centre or bus stop built in this town over the past few years has been referred to as such.

It's a trick that cities and politicians such as ours use to convince themselves they're punching above their weight.

Sure, we just have 700,000 people, a stub of a rapid transit system and the water only works six months of the year, but have you seen our IKEA? It's world-class!"

But with the opening of the new Journey to Churchill exhibit at Assiniboine Park Zoo last week, dare I say that Winnipeg might actually have a ... world-class attraction?

Watching wolves walk around the massive replica of a northern landscape, or passing through the underwater



Colin Fast winnipeg@metronews.ca

tunnel with polar bears and seals swimming overhead, you're transported to another

But's it's not Churchill. It's Berlin or London or San Diego, where you'd expect to find an exhibit of this size and scope.

The creation of Journey to Churchill is a remarkable achievement for the leadership of the Assiniboine Park Conservancy, and an indication of what can be done through innovative management of city facilities.

Seriously, think of what the zoo was like a decade ago. Exhibits sat empty. Signs were printed on inkjet printers and taped to the sides of cages. The star attraction was a billion-year-old polar bear who lived in an enclosure that was so decrepit she might have

died due to embarrassment.

The second biggest attraction? Prairie dogs. But since the conservancy took over operations of the park and zoo in 2008, a complete transformation has taken

Old exhibit spaces were repurposed, and new ones were built. The collection of animals was refreshed. A tram car was added to make it easier to get around the site. A new entrance, gift shop, playground and concession area was built. And the International Polar Bear Conservation Centre was established.

All of this was done with an eye toward this month, and the opening of the one exhibit that would take an insecure, mid-sized zoo and turn it into one of the most dynamic attractions in Canada, and one of the best places on the planet to see northern wildlife (outside of, you know, the actual North).

And thankfully, Journey to Churchill won't be the end of the improvements at the zoo. Conservancy officials say they can't afford to rest on their laurels, and so they'll continue reinvesting in the zoo and park to ensure they remain thriving attractions for generations to come.

Now that's a world-class organization.

MPING WITH THE BULLS



imps from a fountain onto the crowd below, after the launch of the "Chupinazo" rocket, to celebrate opening of the 2014 San Fermin fiesta in Pamplona, Spain, Sunday. For more photos of the fiesta,

Papa's Pamplona

Thousands of people have crammed into the main square and adjacent narrow streets of Spain's Pamplona for the start of the famed San Fermin running of the bulls

The fiesta, an uproarious blend of hair-raising daily bull runs and all-night partying, was immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

THE CANADIAN PRESS

By the numbers

The regional government of Navarre said this year's festivities would be patrolled by 3,500 police to keep the adrenaline- and alcohol-fuelled events as safe as possible

Firework rocket?

Revellers wearing traditional white outfits trimmed with red neckerchiefs and cummerbunds gathered for Sunday's launching of a firework rocket, which signals the beginning of the nine-day festival.

• Animal rights activists protested Saturday, warning that 48 bulls are killed at the festival

METRO AUGMENTED REALITY

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IMAGE TO SCAN

FILL SCREEN WITH METRO AR IMAGE



In this issue, you can find AR enhancements on page 4 in News, page 7 in Scene and

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When in Michigan ... 80-foot spit takes annual cherry pit-spitting contest

When it comes to pit-spitting, it's tough to beat the Krause family, who on Saturday maintained their dominance in the 41st International Cherry Pit-Spitting Championship in southeastern Michigan.

METRO NEWS APP

Brian Krause took top honours with a distance of 80 feet, eight inches (24.59 metres), said Monica Teichman, who runs the market at Tree-Mendus Fruit Farm in Eau Claire, just north of the Indiana state line.

Coming in second this year was Brian's father, Rick, with a spitting distance of 77 feet, 7-1/2 inches (23.66 metres). Kevin Bartz took third with 64 feet, eight inches (19.71 metres).

Last year's big winner was Matt "BB Gun" Krause with a distance of 41 feet, 6-1/2 inch-

Spitting in the wind

"We had some really good spits here. The breeze felt good, but ... it wasn't good for spitting. We needed to change because we would have been spitting into the wind.

Organizer Monica Teichman on changing the direction of spitters

es (12.66 metres).

The Krause family has won 26 of 41 of the contests since farm owner Herb Teichman launched the tournament in 1974 as a lark — but also to mark the region's tart cherry

Brian Krause holds the record spit of 93 feet, 6-1/2 inches (28.51 metres), set in 2003.

More than 100 people tried to qualify Saturday for the championship round.

A strong breeze may have accounted for the long distances after organizers changed the direction of the spitting, organizer Monica Teichman

"We had some really good spits here," she added. "The breeze felt good, but ... it wasn't good for the spitting. We needed to change because we would have been spitting into the wind."

This year's winner received tee time at a nearby golf course, a plaque, a medal, work gloves, a drill bit set and various gift certificates.

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SCENE
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Ebooks



Seamus Heaney: Five Fables

By. Robert Henryson

iPad

.



MIND THE APP Kris Abel @RealKrisAbel scene@metronews

Billy Connolly (Brave, Lemony Snicket) narrates this Scottish retelling of Aesop's moral fables, collected and translated by Nobel Prizewinner Seamus Heaney. The old Scots performed these tales of animal trickery and rascality with a delightful rhythm of speech and the inventive depth of folk wisdom. Enhanced with video extras, animations, and insights, it's an engaging and provocative cultural study.

25th anniversary

Seinfeld stands the test of time

Saturday marked 25 years since the airing of Seinfeld's pilot, the first of 180 episodes that would rewrite TV history.

In a tribute to the comedy about nothing, Time magazine says it's remarkable that the show didn't really spawn any legitimate imitators, which speaks to just how unique and irreplaceable it was.

"Influence is one measure of greatness, but another, opposite one is inimitability. Some great art reproduces virally. And some is the product of a perspective (or in the case of Jerry Seinfeld and Larry David, two) that nature can't come up with twice."



The stars of the show about

Neon Trees singer comes clean on Pop Psychology

Tyler Glenn. With two hit albums already under his belt, frontman hopes good things come in threes and finally reveals what it's like to be a gay Mormon rock star

LISA WEIDENFELD

Neon Trees frontman Tyler Glenn has never shied away from being himself onstage, but with the release of a new album, Pop Psychology, he decided it was time to open up a bit more about his private life.

In April, he came out as gay via a Rolling Stone interview. And not only gay, but a gay Mormon, an unusual combination in pop culture. It capped a rough period in Glenn's life, where he was having trouble keeping his cool onstage. With the help of a therapist and a supportive producer, Glenn decided he was ready to share the news in a big way.

Glenn actually only started coming out to people in his life at the tail end of the production process for Pop Psychology.

After working with producer Tim Pagnotta on finishing the album, Pagnotta expressed some curiosity about what the new songs were about, and Glenn decided to share his secret.

"I think his reaction inspired me to tell everyone else because he responded in such a loving, almost congratulatory way, which was really something I never put together with being gay," says Glenn.

That said, he's pleased to be a spokesman for equality who is both gay and religious. "A lot of the time we see in the media, like, it's either religion or it's being gay and I think the two can live in the same sphere," says Glenn.

Asked if he thinks it's important to public figures to come out, Glenn replies honestly, "I used to not. I get people doing it on their own time, in their own way, and I don't know everyone's situation, but I do think it's important."

Of course, his news has



"turned a lot of heads in Utah," where Glenn lives, but he's happy to be a role model on this front, despite some discomfort with the idea in the past.

"I'm really glad that some people feel like they have a voice now, and ... if that's the role model I can be, then I'm comfortable with that," says Glenn.

For those wondering if Glenn was trying to hide something on prior records, he says he thinks the older songs are honest representations of who he was at the time.

For the song Teenage Sounds off the band's second record, Picture Show, a lyric like "I'm sick of being called a fag because I'm queer," once reflected people's reaction to his flamboyant style of dress

"Now that means more to me, obviously, and I think it means more to people," says Glenn.

AUGMENTED REALITY

→ Want to hear Tyler Glenn sing? Scan this photo with your Metro News app for a video of Neon Trees' song Sleeping With a Friend.



→ See the full instructions on Metro's Voices page.

metronews.ca Monday, July 7, 2014 metr⊕ DISH

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Adam Levine: He's not like the rest of us



STARGAZING

Adam Levine says that he's not going to be one of those celebrities who pretends he does his own laundry and house cleaning, and also that he has no patience for actors who agree to speak to media but then act upset when asked a question. This puts me in the uncomfortable and upsetting situation of having to stop pretending I hate Adam Levine.

Beyoncé projects Justin Bieber's mug-shot on a big



screen during her tour with Jay Z and tells the audience, 'Éven the greatest can fall.' What that sentence has to do with Justin Bieber remains unclear.

Someone stole the Amsterdam bench Shailene Woodley and Ansel Elgort sat on while kissing in The Fault in Our Stars. "We have absolutely no idea what you're talking about," said four teenage girls while smiling wistfully under their

The producers of Better Call Saul, a pre-Breaking-Bad-timeline Breaking Bad spin-off, say they've found a way to bring Walter White into the story. Ideas include Walter White walking past Saul's office, Walter White dialing the wrong number and getting Saul's office and Walter White staring out the dirty window of a bus passing Saul's office.

This week in Really Boring Things Involving People Named Jennifer: 1) Jennifer Garner and Ben Affleck celebrate their ninth anniversary by eating steak and oysters at a restaurant in Michigan. 2) Jennifer Lawrence places 11th, Jennifer Lopez places 33rd and Jennifer Aniston places 77th on Forbes Celebrity 100 list.

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Demi Really Don't Care about Selena's drama

Selena Gomez has one less BFF in her corner to count on, as fellow former Disney star Demi Lovato is reportedly done with the serial Justin Bieber-dater, according to Hollywood Life. Last week, just before the Fourth of July holiday, Lovato un-followed Gomez on Twitter, so we know it's serious. She also posted then quickly deleted a rather cryptic tweet:

"Swimming away from the bulls-- bye b--h." According to sources, Lovato - who is clean and sober — had been finding Gomez a "headache" she needed to cut loose. "Demi tried to help Selena with her substance problems and also getting rid of Justin from her life and it is apparent Selena refused to listen to Demi's advice," a source

Old married Jessica won't be acting like a Newlywed

Jessica Simpson and Eric Johnson were married over the weekend in front of 250 friends and family at the luxurious San Ysidro Ranch, located in Montecito in Santa Barbara County, Calif., according to E! Online. The big day comes after months of planning and several years of engagement, as Simpson first confirmed her plans to marry Johnson in November 2010. They have two children together, 2-year-old daughter Maxwell and 1-year-old son Ace. As Simpson explained during a visit to Good Morning America earlier this year, there were no fears of either getting cold feet at this point. "I already feel like we're an old married couple," she said. "Like, if he wanted to run, he could've run when I was hormonal and preg-

The Motto for Drake should be no Kanye

Drake may want to take a bit more care in selecting his next substitute to help out while he's felled by his current mystery illness. The rapper had to bow out of a recent appearance at the Wireless Festival in London and figured he'd make it up to the crowd by sending Kanye West in his place, according to Pitchfork. Except West had other ideas about how to spend the evening. West, who performed with an odd-looking mask obscuring his face, stopped the show for one of his standard 15-minute rants, his auto-tuned words accompanied by the sound of a piano and booing audience

Boats and

You might have had a pretty fun time this weekend, but Justin Bieber was on a boat, so there. The pop star returned to Miami, and boarded a yacht for a private party filled with booze and scantily clad women. The only thing missing from the party? On-again, off-again girlfriend Selena Gomez. But sources say the separation wasn't Bieber's idea, as he reportedly asked Gomez to spend the Fourth with him



members. From what West was saying, it sounds like he's still holding some grudges in the fashion world. "I'm not going to call no names, I'm not going to say Nike or anything. I'm not dissing Louis Vuitton, I'm not dissing the Gucci group and s-," he shouted. "I'm just saying, don't discrimin-

ate against me because I'm a black man, or because I'm a celebrity, to determine that I can't create. Cause, you know, no black guy or celebrity's making no Louis Vuitton nothing." Duly noted. And someone should get the folks at the Oxford English Dictionary on the phone, because West has a few suggestions for new entries: "If believing in yourself is so, so, so wrong, and the other side is so, so, so, so strong in trying to beat down, and demonize and dishumanize - and I don't know if that's a word or not, and if it's not a word, then I said it's a f-ing word." And so it shall be.





but she told him to buzz off.



it's crazy how things change so quickly, it's like you blink and the world's changed, time is a very very strange thing



@rosemcgowan

What is it with dogs and underwear?! Heathens!



Go watch some live stand up tonight. Wherever you live in America, there is pure laughter nearby.

Are you a money moron? It's time to change your ways

Finance flubs. If you lack an emergency fund or are paying off debt with other debt, you need to read this



GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

It's easy to make mistakes with your money, particularly when so many other people are doing exactly the same thing you are. How bad can it be if everyone is doing it? Have a look to see how many of these money mistakes you are making:

Carrying a balance on credit cards or on a line of credit

Sadly, many people don't even know how much they owe. They keep their debt in little piles, never adding it up so they don't have to face the truth. They say things like, "My debt isn't anywhere near as bad as my sister-in-law's," and then pat themselves on the back. If you're carrying a balance, it means you're spending more money than you make. Stop.

Letting expenses get out of control

Expenses have a tendency to creep up, Up, UP. And if you aren't paying close attention,



they can eventually exceed your income.

When was the last time you looked over your bills to see how much they've gone up? Has your income gone up as much as your hydro, cable, and gas bill?

That's why a spending journal is so important. Writing it down consistently keeps you paying attention to the details.

Taking payday loans

What the hell are ya thinking? If you can't afford to live on what you're making now, how are you going to make it through next week when you have to repay the loan, plus the interest (upwards of 700 per cent, when you include the fees)? If you need money that badly, sell something or get another job.

Having no emergency fund

Experts have been touting the importance of having an emergency fund since Betty White was a lass. So why is it that so many people still don't have enough (or any) money set aside, just in case?

The rule of thumb is that you should have enough cash

to cover six months' worth of essential expenses. Cash in the bank means you have options so you can deal with whatever life throws at you. No cash, no options!

Buying a house that's too expensive

Little money down, amortized forever has led people to believe they can afford houses that are more expensive than they can actually manage.

If you had to save 20 per cent of a \$400,000 house — that's \$80,000 — you might think twice about buying such

an expensive house

I know real estate values have gone through the roof, but that's no excuse for strapping your cash flow to the point where you're living on the edge all the time.

Paying only the minimum amount on debt

If you haven't made a debt repayment plan that has a specific end date, you're spinning your wheels.

The only way to get debt free is to do the math. Divide what you owe by the number of months until you want to be out of the red. Add your monthly interest costs. *That's* how much you have to pay to be done with debt.

Using debt to repay debt

If you're using balance transfers or cash advances on credit cards to make minimum payments, or using your line of credit to pay your minimum on your credit card, you're a full-fledged money moron.

This used to be illegal, but in the name of marketing and selling more credit, the balance transfer (using credit to pay credit) was created and now the line is so blurred that people think it's fine.

It's not. And it's going to catch up with you eventually.

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metronews.ca
Monday, July 7, 2014

The great Canadian car share

Rallying the roads.

Drivers are opting for a more fuel efficient and environmentally friendly way to ride

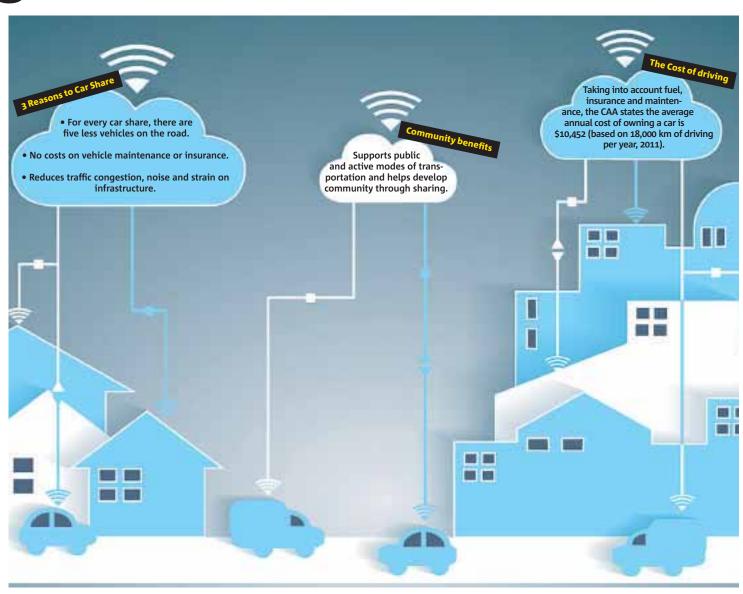
STEVE GOW

Metro World New

There's no doubt that the rise of car-sharing co-ops has been impactful in Canada. Although urban centres have led the way, suburban towns are getting the message. If you're looking to start sharing, here are some of the most convenient ways to do it in some Canadian cities.

Car sharing in Canada

- Regina. The Regina Car Share Co-Op loans vehicles for as little as \$5 per hour. reginacarshare.ca
- Ottawa. VRTUCAR has over 100 fuel-efficient vehicles. vrtucar.com
- London. Community
 CarShare provides vehicles
 on a pay-per-use basis.
 communitycarshare.ca
- Winnipeg. Peg City Car Coop has been around since 2011. pegcitycarcoop.ca
- Edmonton. E-town has no car-sharing co-ops. Motorists can use the city's Rideshare program. Email transplanning@ edmonton.ca



Greater Toronto Area population: approximately 5.9 million

With such a dense population (and traffic snarling urban arteries), companies renting hourly vehicles such as Zipcar, Car2Go and AutoShare are certainly taking advantage. Stashing cars at many locations around the city, potential customers can easily walk to a nearby parking lot and pick up their ride. There is a slight difference in each company however. For instance, if you're looking to stock up on bulky groceries, don't go with Car2Go since they specialize in small, two-passenger SmartCars. Visit zipcar.ca, autoshare.com or car2go.com.

Greater Vancouver population: approximately 2.4 million

Vancouver also has Zipcar and Car2Go as viable vehicular options. But the West Coast city also proudly boasts Modo. Originating 17 years ago with only two cars, this company takes a grass roots approach to car sharing and costs start at merely \$7.50 an hour (plus fees). In all, the three companies have more than 800 vehicles spread across the metropolitan expanse. Visit modo.coop.

Calgary area population: approximately 1.4 million

Although Car2Go is also firmly settled in the Stampede City, Calgary Carshare is the leading member-owned, non-profit carsharing company in Alberta. The co-op features two rate plans, the option of larger vehicles such as Dodge Caravans and has made its presence in the city since 1999. Nowhere is carsharing more suitable than in the sprawling landscape of Calgary, where it seems everyone drives!

Visit calgarycarshare.ca.

Saskatoon area population: approximately 292,600

Relatively new on the prairies, The Saskatoon Carshare Co-op was recently incorporated and the community-owned enterprise is still growing — but then so is this booming city. Still, they may only have a two-car fleet of Nissan Versas but both are available to co-op members and casual drivers 24 hours a day for as little as \$8 per day (plus fees). Visit saskatooncarshare.com.

Metropolitan Halifax area population: approximately 408,700

At just a few years old, Car-Share HFX is also in its juvenile stages, but growth has been steady. Although membership is a bit costly and convoluted (with several types of memberships), CarShare HFX vehicles feature such benefits as free parking at "pay and display" lots on the waterfront. Plus, members can receive discounts at several retailers in town. Visit carsharehfx.ca. metronews.ca Monday, Uly 7, 2014 LIFE 11

Pre-college students get a final push

'Summer melt.' Money problems, housing issues and other details cause many students to abandon higher education plans

The excitement of acceptance into that dream college has passed. The first day of classes is still weeks away. But the resources provided by high school teachers and computer labs are no longer available for recent graduates.

Education researchers and academic counsellors call it "summer melt," the precarious time when some college-bound students fall through the cracks, at risk of abandoning their higher education plans entirely.

In St. Louis, a drop-in counselling centre helps such students negotiate financial aid agreements, housing contracts and the other many details of college enrolment. School districts in Chicago, Dallas, Miami, Minnesota and West Virginia are among those using text messages to keep aspiring college students on track.

"You get the acceptance letter and start the celebration," said Shauna Cunningham, a high school guidance counsellor who's spent the



past two summers at the St. Louis Graduates High School to College Center. "They don't realize all the other steps."

Recent studies by Harvard University's Center for Education Policy Research found that an estimated 20 per cent of graduating seniors from urban school districts in places such as greater Boston, suburban Atlanta, Dallas and Fort Worth, Texas, abandon their plans to attend college over the summer.

Among prospective com-

munity college students, the summer melt rate increases to about 40 per cent, said former Harvard researcher Ben Castleman, now an assistant professor of education and public policy at the University of Virginia.

A lack of financial aid is to blame in about half of those cases, Castleman said. But students also wind up getting derailed by much less significant hurdles, from failing to meet course enrolment deadlines to registering for sum-

mer orientation programs.

"The idea was that if you could get a kid to graduate from high school, they'd been accepted, and chosen where to go, (then) that student was going to show up," he said.

"What our work shows is that in fact, students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Daisha Tankins, 19, had planned to attend Spelman

Precarious time

"Students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Ben Castleman, professor and former Harvard researcher

College in Atlanta after graduating from a St. Louis high school last summer. But unable to afford the private college and unwilling to go into more than \$100,000 in debt after four years, she enrolled at Harris-Stowe State University in her hometown. Like Spelman, it is a historically black school, but with far more modest costs.

Tankins now works as a peer mentor at the St. Louis counselling centre.

"A lot of students are bewildered and can't understand the magnitude of what's going on," she said. School districts and col-

School districts and colleges are beginning to find that reducing summer melt doesn't require dramatic intervention.

For just \$7 per student, school districts in Lawrence and Springfield, Mass., were able to boost their number of college-bound graduates, according to research by Castleman and Harvard colleague Lindsay Page.

Students received introductory text messages such as "We want to help you w/ college! Stay tuned for key summer to dos. Save this #, you can txt us for help!"

Their parents received similarly tailored messages with reminders about financial aid, orientation enrolment, tuition bill deadlines and campus health insurance.

On a recent weekday afternoon, St. Louis high school graduate Kelcee Burton stopped by the drop-in counselling centre. Burton has been accepted at the University of Missouri and expects to receive roughly \$18,000 in grants for the coming year.

But gaining admission was only the start for Burton, who was four when her mother died and has spent the past year living with a friend after her father remarried.

There are immunization records to track down and a housing waiting list to manoeuvre. She stopped by the counselling centre at a friend's suggestion and left with confidence about starting college come August.

"I really didn't even think about all these details. I had no idea," she said. "I thought I was good to go."

THE ASSOCIATED PRESS

Let a mentor be your guide to success

LAKSHMI GANDHI

GANDTI Metro World New

Navigating the world of business can be tough — especially when you are in the early stages of your career. Finding a mentor can be a key to success.

Enter the Every Day Connect campaign, a new project sponsored by Fairfield Inn and Suites as a way to support the connections between young professionals and the mentors who have encouraged them.

"I think mentorship is important to everyone, but a lot of people are afraid to reach out," says Fairfield Inn's Vice President of Global Brand Management Shruti Buckley.

"But right now the workforce is so competitive, so it's more important than ever to build those relationships."

A survey commissioned by Fairfield revealed that 66 per cent of professionals say personal relationships have helped them in their careers.

We talked to four young entrepreneurs who are serving as ambassadors for Every Day Connect — and who were all named to the Forbes 30 under 30 list in 2014 — for their suggestions on how to foster a strong mentoring network.

Don't think of it as formally finding a mentor

mating a mentor
Kane Sarhan, who co-founded
Enstitute, a program that
matches young people with
entrepreneurial apprenticeships, says the best mentoring
relationships come about organically. "We find with a lot
of our students, mentors just
develop naturally once you find
someone you connect with," he
says. "Those really strong personal relationships really are
long lasting."



Find someone you can bounce ideas off of

"It's always good to have different people, opinions and perspectives around," explains Eden Full, the creator of SunSaluter, a device that makes solar panels more efficient. Full says her mentor has been instrumental in the early growth of her company.

"Just talking things through and weighing the pros and cons was really key to making the right decisions," she says.

Be persistent without being annoying

Full also stresses that you shouldn't give up if there is a particular person you want to connect with. "If someone doesn't respond to your email (right away), there are so many reasons why," she points out.

At the same time, remember to respect your mentor's time. "Be humble and assertive, but not necessarily aggressive," says Meg Gill, an executive with Golden Road Brewing.

Don't be afraid to reach out

If you are shy about approaching someone in your field, don't be. Fairfield's survey reveals that 77 percent of employed adults said they were willing to help new grads find work. But it's important that young people show that they are serious.

Let your mentor know the impact they've had

Always remember to let your mentors and advisors know that you appreciate them. "I'm constantly showing gratitude towards my mentors," says Sarhan. "A lot of times, one problem with my generation is the lack of humility," says the 26-year-old. He points out doing things as simple as sending thank you cards, birthday presents and just calling to catch up can go a long way.

You should be working to help your mentor, too

Mark Arnoldy is the Executive Director of Nyaya Health, which works to bring health care to remote parts of Nepal. He says younger workers shouldn't discount their unique take on the world.

"If you are sincere in your generosity, great things will come your way," he says.

Perfectly Handcrafted Ice Cream

Cornell Creme handcrafts delicious artisan ice cream using milk and cream from their family dairy farm in Anola, Manitoba. Eggs and sugar complete the custard base, to which pure ingredients are carefully added. No preservatives or additives are included – they like to keep it simple. Fresh berries, vanilla beans, or even beer are mixed in to make rich and creamy ice cream with intense and distinct flavours.

Here comes the hard part: deciding which of Cornell Creme's mouth-watering flavours to try first!

- Natural Vanilla Bean: Speckled with vanilla beans, evoking a pure vanilla taste
- Raspberry White Chocolate: A harmonious mixture of freshly juiced raspberries and premium white chocolate
- Lemon Meringue: A melange of freshly squeezed lemons, reminiscent of lemon meringue pie
- Velvety Chocolate Truffle: A rich dark chocolate base, lending to a chocolate truffle flavour
- Malty Ale Pail: Fashioned with real beer, a pleasant surprise for your taste buds
- Strawberry and Cream: Crafted with juiced Manitoba strawberries, delicately sweet
- Morning Maple Zing: Co-branded with Global Winnipeg, sweet maple mingles with the zing of Manitoba roasted coffee



Taste. Smile. Repeat. 🧖

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A summer masterpiece: Chicken with Avocado Watermelon & Feta Salsa



This recipe serves six. ROSE REISMAN



ROSE REISMAN



From your fridge to your table in 30 minutes or less

Outdoor living goes hand in hand with barbecuing, and a perfect choice for the grill is chicken breast.

Boneless chicken breast without the skin is one of the leanest meats you can enjoy.

Consider that a four-ounce portion of chicken has only 120 calories, two and a half grams of fat and one gram of saturated fat compared to a fatty steak, which has more than 300 calories, 23 grams of fat and nine grams of saturated fat.

Now, add a delicious season-

al salsa over top and you have created a masterpiece.

Watermelon, avocado, jalapenos and a squeeze of lemon is all that's needed.

The fresh and crispy texture of the salsa goes well with dining outdoors.

To prevent excess liquid, dice watermelon just before cooking chicken and drain any excess liquid.

Directions

1. Prepare the salsa by combining the watermelon, red bell pepper, avocado, mint, lemon juice, zest, olive oil, jalapeno and garlic in a bowl.

Preheat a barbecue to medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over mediumhigh heat. Grill the chicken

breast, turning half way just until cooked or intertemperature reaches F. Serve the salsa on the grilled chicken, garnish

- Salsa 1 1/2 cups diced crisp watermelon
- 1/3 cup diced red bell pepper
- 1/2 cup diced ripe avocado • 3 tbsp fresh mint or cilantro
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 tsp minced jalapeno
- 1/2 tsp finely chopped garlic • 1 oz crumbled feta cheese
- 1 1/2 lb skinless boneless
- chicken breasts (about 4 to 6

Nutritional information

Per serving

- Calories. 210
- Carbohydrates. 5 g
- Fibre. 0.8 g
- Protein. 23 g
- Total fat. 8.7 g
- Saturated fat. 3.2 g
- Cholesterol. 63 mg
- Sodium. 320 mg

metronews.ca Monday, July 7, 2014 **SPORTS**

World Cup

Brazil attendance ranked 2nd overall

World Cup attendances are set to achieve the secondhighest average in tournament history.

FIFA says the average crowd after 60 matches in Brazil is 52,762, beating the 52,491 mark for the 2006 World Cup in Germany.

The record was set in the United States at the 1994 World Cup, when an average of 68,991 attended the 52 matches in a 24-team tournament.

More than 3.16 million spectators have attended in Brazil, with stadiums filled to 98.3 per cent capacity, FIFA says.

With four matches left, the total attendance is set to approach 3.4 million. THE ASSOCIATED PRESS

Tour de France

Shark surges to take yellow jersey

Italy's Vincenzo Nibali displayed his riding smarts at the Tour de France, winning Stage 2 on Sunday and taking the yellow jersey after a well-choreographed attack on rivals in the postindustrial English city known for "The Full Monty.'

With less than two kilometres left, Nibali nicknamed "The Shark" for his road savvy - escaped a 21-man breakaway bunch at the end of the 201-kilometre course over nine heath-covered hills of Yorkshire, and held off their late surge.

The 29-year-old rider has won the Italian Giro and Spain's Vuelta, but has never captured cycling's showcase event.

THE ASSOCIATED PRESS

Goldeyes set record with 11th straight win

Baseball. Winnipeg coasts to new franchise mark with easy win vs. Fargo-Moorhead

For the first time in their 21 seasons, the Winnipeg Goldeyes have won 11 consecutive games.

The Goldeyes ran away with it late in a 14-4 win over the Fargo-Moorhead RedHawks Sunday afternoon at Newman Outdoor Field.

The win gives Winnipeg its third consecutive sweep and, at the very least, maintains the Goldeyes' 8-1/2 game lead in the American Association's North Division.

As they had done the previous two nights, the Gold-eyes scored first. Donnie Webb came through with a two-RBI single in the top of the first to give Winnipeg an early 2-0 advantage.

After Fargo's Nic Jackson hit a solo home run off Goldeyes starter Ethan Hollingsworth in the bottom of the second, Josh Mazzola kept Winnipeg in front by gunning out Anthony Kas-kadden at home plate on a ground ball.

Fargo took its first lead of the series in the bottom of the fourth on Travis Higgs two-run single.

The Goldeyes had left the bases loaded in the top of the fourth, but wouldn't make the same mistake in the top of the sixth. After Ryan Pineda extended the inning by beating out a potential double play ball, Casey



From left, Ryan Pineda, Donnie Webb and Tyler Kuhn congratulate each other during a game in the Goldeyes' franchise record-breaking 11-game winning streak. COURTESY THE WINNIPEG GOLDEYES

Haerther eventually came to the plate with two out and cracked a two-run single to put Winnipeg back on top. The hit extended Haerther's hitting streak to 17 games.

The game stayed that way until Winnipeg blew the doors off in the top of the ninth with two outs. Reggie Abercrombie started it with a two-run home run off Fargo reliever Erik Draxton. After Brock Bond scored on a wild pitch by RedHawks reliever Nate Garcia, who came in for Draxton, Kuhn hit a two-run double off Garcia. Mazzola then hit

the next pitch down the left-field line to score Kuhn. After Ray Sadler doubled in Mazzola and Haerther drew a walk, Webb cracked the first pitch he saw over the right-field fence for a three-

run home run. The Goldeyes have an off day on Monday before beginning an 11-game, 10-day homestand against the Sioux City Explorers on Tuesday night.

SCOTT UNGER/THE WINNIPEG GOLDEYES

Samardzija wins debut as A's sweep Blue Jays



The Athletics' Sean Doolittle, right, and catcher Derek Norris celebrate their four-game sweep of the Toronto Blue Jays. BEN MARGOT/THE ASSOCIATED PRESS

Jeff Samardzija pitched seven strong innings to win his Oakland debut and the Athletics beat the Toronto Blue Jays 4-2 on Sunday to complete a fourgame sweep.

Samardzija, acquired a day earlier in a trade with the Chicago Cubs, received several standing ovations. He was cheered during pregame warmups and again after striking out the side in the seventh.

Samardzija gave up one run and four hits. He struck out five and walked one while earning his first win since June

Toronto got a stellar outing from starter Drew Hutchison but for the fourth straight game had little success offensively. The Blue Jays went 0-for-18 with runners in scoring position during the series.

They didn't have many opportunities against Samardzija and two relievers. Toronto managed just four baserunners over the final eight innings and had only two get past first base.

Edwin Encarnacion strained his right quad legging out an infield grounder on Saturday and was held out of the lineup. THE ASSOCIATED PRESS

MLB All-Star selections

- Oakland has its most All-Stars since 1975: Pitchers Sean Doolittle and Scott Kazmir; catcher Derek Norris; infielders Brandon Moss and Josh Donaldson (starter): and outfielder Yoenis Cespedes.
- For the Blue Jays, outfielder Jose Bautista (starter), infielder Edwin Encarnacion and pitcher Mark Buehrle were selected.

metr⊕

Joker gets last laugh K.O. Rousey expanding already lethal arsenal The (Rowdy) Ronda Rousey legend grows. On State Proposition of the UFC comparison of t

Back on top. No. 1 Diokovic wins fourhour match against Federer for his seventh Grand Slam title

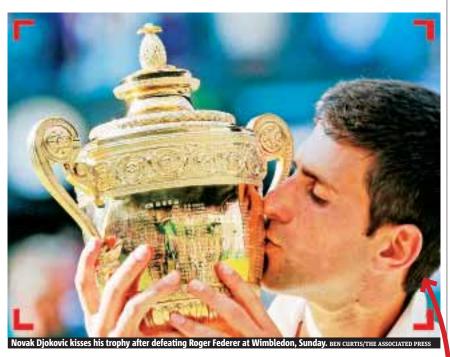
Novak Djokovic's large lead in the rollicking Wimbledon final was slipping away, due in no small part to Roger Federer's regal presence and resurgent play.

No man has won tennis's oldest major tournament more often than Federer, and he was not about to let it go easily. Djokovic went from being a point from victory in the fourth set to suddenly caught in the crucible of a fifth, and knew all too well that he had come up short in recent Grand Slam title matches.

Steeling himself he so desperately needed to, Serbia's Djokovic held on for a 6-7 (7), 6-4, 7-6 (4), 5-7, 6-4 victory after nearly four hours of momentum shifts Sunday to win Wimbledon for the second time — and deny Switzerland's Federer what would have been a record eighth championship at the All England Club.

"I could have easily lost my concentration in the fifth and just handed him the win. But I didn't, and that's why this win has a special importance to me, mentally," Djokovic said. "I managed to not just win against my opponent, but win against myself, as well, and find that inner strength."

Cradling his trophy during the post-match ceremony, Djokovic addressed Federer directly, saying: "I respect your



The Canadians

Petra Kvitova of the Czech Republic beat Eugenie Bouchard 6-3, 6-0 on Saturday in the women's final to claim her second Wimbledon title, ending an impressive run by the 20-year-old Canadian at the All England Club.

the defending champions Bob and Mike Bryan of the United States 7-6 (5), 6-7 (3), 6-4, 3-6, 7-5.

• Vancouver's Vasek Pospisil

men's doubles title on

Saturday in an upset of

and American partner Jack

Sock won the Wimbledon

career and everything you have done. And thank you for letting me win today.' Even Federer had to smile at

Truth is, Djokovic deserved

plenty of credit for figuring out a way to raise his Grand Slam total to seven titles, allowing him to overtake Rafael Nadal at No. 1 in the rankings.

"Novak deserved it at the

AUGMENTED REALITY

- → Scan the image with the Metro News app for more photos from Wimbledon this past weekend.
- → See the full instructions on Metro's Voices page.



end, clearly," said Federer, who hadn't been to a Grand Slam final since winning his 17th major at Wimbledon in 2012, 'but it was extremely close."

THE ASSOCIATED PRESS

women's bantamweight champion flattened Alexis Davis in 16 seconds as the Canadian challenger never knew what

The 16-second knockout is tied with Frank Shamrock's win over Kevin Jackson for second-fastest in a UFC championship fight. Andrei Arlovski's 15-second KO of Paul Buentello is the fastest.

Rousey, who came to MMA from judo where she won Olympic bronze, has now won all 10 of her fights with nine first-round finishes. The 10 wins have lasted a total of 24 minutes 48 seconds.

And Rousey is expanding her arsenal.

Her first eight finishes were all by armbar submission. Then she dropped Sara Mc-Mann, an Olympic silver medallist in wrestling, with a knee to the liver.

And she stunned Davis with a punch and knee at the cen-



tre of the cage, before tossing her to the ground with a hard judo throw and finishing her off with some 10 punches to the face.

Rousey has set even higher goals.

"I still have a lot of improvements to make," she said. "I want to retire undefeated and be known as one of the greatest of all time and that takes a lot more work than what I have done so far."

THE CANADIAN PRESS

UFC 175. Despite a badly broken toe, Hall wins it

Uriah Hall limped away from UFC 175 with a win and a toe pointing in another direction.

The 29-year-old middleweight from New York City broke his toe in the first round against Brazil's Thiago Santos on Saturday night. And things got more gruesome after that.

The crowd at the Mandalay Bay Events Center first noticed the injury when the cameras zoomed in on the disfigured toe after the first round. There was an audible groan around the arena when it was shown on the big

"I tried to pop it back in after the round ended."

Hall came out for the second round, with the top of the toe next to his big toe sticking up almost vertically.

"I remember throwing a front kick and he blocked it but I didn't realize I had broken my toe," Hall said later. THE CANADIAN PRESS

Lexie Lou wins \$1M Queen's Plate



on Sunday in Toronto. STEVE RUSSELL/TORSTAR NEWS SEI

Mark Casse finally has his first Queen's Plate victory.

Filly Lexie Lou captured the \$1-million race Sunday at Woodbine Racetrack, giving the six-time Sovereign Award winner as Canada's top trainer his first Plate win. The 53-yearold American came close in 2011, finishing second to Inglorious with Hippolytus, but admitted becoming emotional after Lexie Lou crossed the finish line 1-1/2-lengths ahead of runner-up Ami's Holiday, a 9-1

"My son, Colby, just started

The time in which Lexie Lou finished the 1 1/4-mile race.

crying afterwards and to see it mean that much to him got me crying," said Casse, a 34year racing veteran. "There was a lot of crying ... I think I would've been OK had Colby not started crying.

"When all you've done

your entire life is been around race horses ... I really don't know anything else. I've been following the Queen's Plate since I was a little boy and so to finally win it, I just pinch myself. I thought we'd win it sooner or later. I knew I wasn't going to give up."

Lexie Lou sat comfortably in ninth at the halfway point before steadily working up the field. She sat second behind Asserting Bear after a mile before surging into the lead, then holding off Ami's Holiday. THE CANADIAN PRESS

PGA Tour

Cabrera can win the small ones, too

Angel Cabrera no longer has to fret about that streak of disappointments in nonmajor events on the PGA

The 44-year-old Argentine won the Greenbrier Classic on Sunday for his first victory in a tournament other than a major, closing with his second straight six-under 64 for a two-stroke victory over a heavy-hearted George

Cabrera, whose only other PGA Tour victories came in the 2007 U.S. Open and 2009 Masters, built a three-shot lead before making things interesting with a pair of late bogeys. He finished at 16-under 264 and now has another green jacket — that as Greenbrier Classic champion.

Cabrera had no top-10 finishes this season entering the tournament but had everything working Sunday, hammering drives and approach shots with precision and coming up with clutch putts, especially on the back nine. THE ASSOCIATED PRESS

15. Pro bono TV spots

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

↑ Aries

March 21 - April 20

Partnership issues and money issues will be important today. If nothing else, you must resist the urge to splash out on expensive gifts for loved ones.

Taurus

April 21 - May 21

Life may a struggle right now but on the plus side, you will learn something useful. You are here for a reason. Stop complaining and start living.

II Gemini

May 22 - June 21

There are times when it is right to act on a hunch and this is one of them. With surprises planet Uranus strong in your chart, you should act on what your inner voice is telling you.

9 Cancer

June 22 - July 23

If you let your fears get the better of you today you will regret it later when you realize what a great opportunity you have allowed to pass by. If you see an opening, go through it.

€? Leo July 24 - Aug. 23

You may be tempted to let a rival off the hook today but the planets warn that may not be a good idea, if only because it is likely to encourage others to take advantage of you too.

depressed can be diverted into

finding things that delight you.

M Virgo

Aug. 24 - Sept. 23 You can make yourself happy or sad — the choice is yours. The effort that goes into being

△ Libra Sept. 24 - Oct. 23

The more nice things you say about others today, the more nice things they will do for you in the near future. You will, of course, have to make your compliments sound sincere.

M Scorpio

Oct. 24 - Nov. 22

Take a less provocative approach with people you have been in disagreement with. Your differences are not so wide that you cannot find areas where you both can agree.

Sagittarius Nov. 23 - Dec. 21

You may think your charm will get you everything you desire, but that is not an excuse to cut corners. Everything balances out, so if you cheat others now you will pay for it later.

17 Capricorn

Dec. 22 - Jan. 20

Every once in a while — like today — you do something that shocks even those who know you well. Tomorrow, no doubt, you will be making apologies.

≫ Aquarius Jan. 21 - Feb. 19

Don't give up on a relationship just because it is going through a bad patch. It is times like these that test your commitment. If you hang in there, the tide will turn in your favour soon.

H Pisces

Feb. 20 - March 20

If an issue is causing you sleepless nights, focus your mind on something else. Eventually you may find that you no longer care who wins.

Crossword: Canada Across and Down by Kelly Ann Buchanan

20

33

36

46

62

65

Across

1. Paul Bunyan's blue ox

5. Manitoba locale, with Flon

9. Look over

13. Mr. Rickman 14. Put together some sort of contraption: 2 wds.

16. Hawkeye State

17. East Coast people 19. Ceramics oven

20. Regina: RCMP Parade 22. Impair

23. Q. " ' a show George Clooney starred on?" A. "Yes." 24. Richard Branson's space tourism com-

pany, Virgin 29. Visual arts univ. in Halifax

33. Ginger drink 34. Deep Purple song

35. Scott of "Quantum Leap"

36. Faint

38. Words to live by 40. Annual, for short 41. Ancient temple

complex in Egypt 43. Actor Paul

45. Caesar's 502 46. Do some PI work: 2 wds.

47. Actress Tiffani

49. Succeeds 52. Morse Code bit 53. Toronto, in the

film industry: 2 wds. 60. Helvetica, for one 61. PEI: -- óFort Amherst National Historic Site of Canada 62. To, archaically 63. "Pink Shoe Laces" by __Stevens 64. Isle of Scotland's

65. signs

editor Down Inner Hebrides

66. Floral arrangement 67. Leave in, to an

61

63

43

1. Loud sounds

2. Wings: Latin 3. "Roseanne" name 4. "Return to Innocence": 1994 hit for 5. Sherwood Forest denizen: 2 wds. 6. Outline

52

Around" by The Beach Boys 8. Olympic runner

nicknamed 'The Flying Finn', Paavo (b.1897 - d.1973) 9. Big name in helicopters

10. Coconut fibre

11. Hole-making tools 12. Grandma

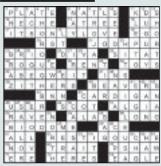
18. Instruct 21. Actress Ms. Malone 24. Rubbernecks 25. of faith 26. Comedian/actor Denis 27. Medit. Sea land 28. Silica rock 30. and whey 31. "Kate & " ('80s sitcom) 32. "Another Paradise" by Phil Collins 35. Rectangularshaped guitar legend: 2 wds. 37. Canadian journalist Mr. Nash (b.1927 - d.2014) 39. "What?" 42. Indigo dye 44. Country songstress Ms. Carter 48. Screens in

50. Big Apple force [acronym] 51. Hawk's spottingprey move 53. Fine-tune 54. Not tricked: 2 wds. 55. "..._ __you want pizza instead?" (Takeout query)

Japanese decor

56. Mr. Redding 57. A&W ___ Beer

58. Ms. Daly 59. Sun's output 60. Merriment



See today's answers at metronews.ca/answers



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7	2	4	6	1	5	9	8	3
6	9	3	8	4	7	2	5	F
1	8	5	3	.9	2	7	8	-
9	3	2	5	7	1	8	4	3
4	1	6	9	3	8	5	2	
8	5	7	4	2	6	3	1	1
				6				
5	6	9	1	8	3	4	7	1
3	7	1	2	5	4	6	9	h

1	6	7	6	9		7	2	
	2	3		5				
			4		9			
				2		4	1	
	1					3		6
	4	6		8	5			2
			2				5	

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